

In your first trimester, you need to eat **folate-rich foods** as well as take a folic acid supplement. We've highlighted in **light orange** foods that are rich in **folic acid**. You'll need plenty of **iron-rich foods** as well to help your body make red blood cells for your growing baby. We've highlighted in **green** foods that contain **iron**.

If you're feeling nauseous, foods rich in **vitamin B6** may help with morning sickness. We've highlighted in **brown** foods that are rich in **vitamin B6**. Throughout pregnancy, you need to limit your **caffeine** intake as it can pass on to your baby. We have highlighted in **dark orange** the foods containing **caffeine**.

Tip: Keep dry crackers near your bed to nibble on before you get up if you feel nauseous in the morning.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul style="list-style-type: none"> • <i>Idli</i> • Mint peanut chutney • Tender coconut water 	Orange	<ul style="list-style-type: none"> • Ladies' finger sambhar • Crispy potatoes • Garlic <i>rasam</i> • Curd • Rice 	<ul style="list-style-type: none"> • Lemonade • Puffed rice with peanuts 	<ul style="list-style-type: none"> • Chickpeas curry • <i>Parotta</i>
Tuesday	<ul style="list-style-type: none"> • Oats <i>upma</i> with vegetables • Banana milkshake 	Papaya	<ul style="list-style-type: none"> • Vegetable <i>biryani</i> • Roasted capsicum <i>raita</i> 	<ul style="list-style-type: none"> • Coffee • Sweet corn <i>sundal</i> 	<ul style="list-style-type: none"> • Drumstick sambhar • Coconut chutney • <i>Dosa</i>
Wednesday	<ul style="list-style-type: none"> • Potato <i>masala</i> • <i>Poori</i> • Pomegranate juice 	Muskmelon	<ul style="list-style-type: none"> • Spinach and red lentils <i>dal</i> • Snake gourd <i>masala</i> • Curd • Rice 	<ul style="list-style-type: none"> • Buttermilk (<i>morul/majjige</i>) • Mixed sprouts 	<ul style="list-style-type: none"> • Kidney beans curry • Beetroot <i>palya/poriyal</i> • <i>Chapati</i>
Thursday	<ul style="list-style-type: none"> • <i>Appam</i> • Vegetable stew • Coffee 	Figs	<ul style="list-style-type: none"> • Cottage cheese (<i>paneer</i>) and capsicum curry • Beans <i>palya/poriyal</i> • <i>Chapati</i>/rice 	<ul style="list-style-type: none"> • Mango milkshake 	<ul style="list-style-type: none"> • Carrot sambhar • Tomato chutney • Semolina (rava) <i>idli</i>
Friday	<ul style="list-style-type: none"> • Flattened rice (<i>aval/avalakki</i>) with potato and peas • Sweet lime juice 	Dates and raisins	<ul style="list-style-type: none"> • Black eyed peas curry • Brinjal and onion <i>masala dry</i> • Sprouts salad 	<ul style="list-style-type: none"> • Glass of milk • Cucumber kosambari/kosumalli 	<ul style="list-style-type: none"> • Mixed vegetable soup • Garlic bread
Saturday	<ul style="list-style-type: none"> • Wholewheat <i>masala</i> vegetable toast • Glass of milk 	Almonds with dried apricot	<ul style="list-style-type: none"> • Raw mango rice • Bottle gourd <i>raita</i> • Roasted <i>papad</i> 	<ul style="list-style-type: none"> • Tender coconut water • Walnuts and raisins 	<ul style="list-style-type: none"> • Fenugreek greens and potato curry • Finger millet (ragi) <i>chapati</i>
Sunday	<ul style="list-style-type: none"> • Black chickpeas curry • <i>Idiyappam</i> • Orange juice 	Mango	<ul style="list-style-type: none"> • Spinach sambhar • Tomato <i>rasam</i> • Cabbage <i>palya/poriyal</i> • Curd • Rice 	<ul style="list-style-type: none"> • Almond milk 	<ul style="list-style-type: none"> • Vegetable <i>kothu parotta</i> • Curd

Note: **Lentils (dal)** are also a good source of **folic acid**.